



Issue 6: December 2024

Pride of Lions



**District Peace
Poster competition**

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**The formation of
a Club Branch**

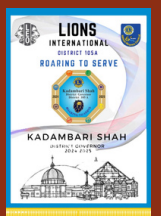
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DG Lion Kadambari Shah

www.lions105a.uk



@LionsClubDistrict105A



Christmas wishes from our District Governor

Season's Greetings, my fellow Lions!

As we approach this joyful time of year, I want to take a moment to reflect on the incredible dedication, service, and compassion you have shown throughout our district this year. Christmas is a season of giving, and as Lions, we give all year long. Whether it's feeding the hungry, supporting those in need, or creating brighter futures through your projects, you embody the true spirit of kindness and service.

This year has been a testament to what we can achieve when we come together as one family, united in purpose and **ROARING TO SERVE**. Each Club, each member, and each act of service has brought hope and joy to so many - proof that together, **We Serve** and make a lasting difference.

As you celebrate this festive season with family and loved ones, I wish you peace, joy, and a renewed spirit for the year ahead. May the New Year bring continued opportunities to serve our communities and inspire others to join us in our mission.

Thank you for being the heart and hands of service. I am proud and honored to serve alongside you as we continue **ROARING TO SERVE** with pride and passion.

Merry Christmas and a Happy New Year to you and yours!

Yours in Lionism,

District Governor Lion Kadu



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NOTICE BOARD

Welcome to the team

A big congratulations to our new members! We're excited to work alongside you as we continue our mission to serve and support as many people as possible.

- Roma Kealy, Bedford Lions Club
- Mahluli Khumalo, Bletchley Milton Keynes Lions Club
- Sajini Aggarwal, Chipping Barnet Lions Club
- Vee Bharkhada, Chipping Barnet Lions Club
- Riya Gupta, Chipping Barnet Lions Club
- Darshini Joshi, Chipping Barnet Lions Club
- Chandu Parmar, Chipping Barnet Lions Club
- Divya Patel, Chipping Barnet Lions Club
- Vandana Patel, Chipping Barnet Lions Club
- Dharmini Somani, Chipping Barnet Lions Club
- Kamaljit Bhogal, Ealing Lions Club
- Raghbir Notta, Ealing Lions Club
- Vinod Sabharwal, Ealing Lions Club
- Kulwant Singh Viridi, Ealing Lions Club
- Tatjana Djurdjevac, Heston Lions Club
- Beena Gossain, Heston Lions Club
- Mohammad Reza, Heston Lions Club
- Deborah Annells, Kenton Lions Club
- Harpreet Kaur, London Acton Lions Club
- Reena Bagga, London Central Host Lions Club
- Ashika Dilip Patel, London Central Host Lions Club
- Nimisha Rastogi, London Central Host Lions Club
- Gracy Singh, London Central Host Lions Club
- Pooja Singh, London Central Host Lions Club
- Yudhveer Singh Sudan, London Central Host Lions Club
- Parul Metha, London Hendon Lions Club
- Mayank Shah, London-Finchley Lions Club
- Sandeep Sharma, London-Finchley Lions Club
- Nur Arboy Coskun, Newport Pagnell & Olney Lions Club
- Archana Khosla, Redbridge Centennial Lions Club
- Sue Taylor, Tring Lions Club
- Deiljeet Kaur, Wanstead & Woodford Lions Club
- Anand Ramakrishnan, Watford Lions Club
- Kamala Vijayalakshmi, Watford Lions Club





LIONS OF DISTRICT 105A PRESENT

An afternoon of fun and joy

22ND ANNUAL SENIOR CITIZENS CELEBRATION



16TH OF FEBRUARY 2025

Byron Hall,
Harrow Leisure Centre,
Harrow, Middlesex
HA3 5BD

BINGO
MUSIC
GOOD FOOD
AFTERNOON
TEA

DETAILS
TO
BE
CONFIRMED...

STAY TUNED!



District Peace Poster competition

The District Peace Poster Competition took place on 25 November 2024 at the Masonic Centre, Northwick Circle, Kenton. The event showcased the artistic talents of eight young participants.

District Officer (DO) Srik Gajewada had invited three professional artists to serve as judges, ensuring the competition was assessed with expertise and fairness. DO Past District Governor (PDG) Doreen and PDG Andrew were present to assist in the judging process, along with District Governor (DG) Kadambari and Lion Kaushik, who helped facilitate the event.

This competition celebrated creativity and peace, bringing together artists and Lions members to inspire young minds.





Reiki healing camp and guided meditation

By Sudbury Lions Club

The Lions Club of Sudbury proudly presented, for the first time in London: Free Reiki Healing Camp and 7 Chakra Healing Guided Meditation, led by the renowned Rajshree Bharrnee, Certified Trainer and Master, and Traditional Reiki Teacher.

Attendees experienced a powerful session of Reiki healing, a beautiful technique that channels universal life energy to enhance overall well-being. The 7 Chakra Healing Meditation provided deep relaxation, aligning the body's energy centers, bringing peace and balance to all who participated.



Community kindness in action

By Heston Lions Club

A generous individual donated two trolley loads of toys for Heston Lions Club at Lidl. Two pallets of toys have also been donated to two primary schools the Club has supported for years. Originally, the Lidl collection was planned for a third school, but the generosity received means there is now enough to support the school and a children's hospital or hospice - a brilliant outcome!



Quiz night at David Lloyd Club

By Northwood Lions Club

A great quiz night at the David Lloyd Club in Bushey was organised by Lion Sue Carr from Northwood Lions. Supporting Watford Lions Club and their local chosen charity: You Matter. Thank you to Lion Tony from Harrow and Pinner Lions Club, the quiz master, and all the people who helped make this evening happen, especially the businesses who donated prizes for the raffle!



Donations and awards

By Surjit K Chodda, Fairlop Lions Club

Parkinson's disease is a progressive neurological disorder that primarily affects movement. It occurs when nerve cells in the brain, particularly those that produce dopamine, begin to break down or die. Dopamine is a crucial neurotransmitter that helps regulate movement and coordination.

Recently, Fairlop Lions Club invited Jagdeep, a qualified Parkinson's exercise instructor who was recently diagnosed with Parkinson's himself, to one of their meetings.

Jagdeep runs a non-combative boxing/exercise class for people with Parkinson's. These classes focus on non-combative boxing, brain-body coordination, posture improvement, and balance challenges. Participants work on enhancing their strength, power, agility, speed, balance, postural stability, hand-eye coordination, and reaction time, which helps slow the progression of Parkinson's.

Jagdeep gave an informative presentation about his class and its progress. The Fairlop Lions Club funded some equipment needed for his classes, spending just under £1,000 to purchase boxing gloves and blaze pods. A few members from the club recently attended one of his classes and were humbled by the efforts of the attendees, Jagdeep's dedication, and the benefits the class provides to its participants.

Fairlop Lions Club are also proud to announce that one of their members, Lion Amarjit Soora, has been awarded the Honorary Freeman status from the London Borough of Redbridge. Freedom of the Borough is the highest accolade that the Council can bestow to community heroes who make an invaluable contribution to their Borough.

The voluntary works Lion Amarjit has been involved in over a number of years do not just limit his time and services to the Borough of Redbridge, but extend outside the Borough, outside London and even abroad. He has both personally and as a Lion, made a significant contribution and impact to those less fortunate than himself – a true Lion.



Fundraising, service, and festive cheer

By Lion Vivien Raggett, Kenton Lions Club

Kenton Lions Club has been active in fundraising and community service. Their Bhajan Bhojans event on 9 November 2024 raised £1,400 for Childhood Cancer, attended by District Governor Kadu and Lion Kaushik. In August, a Sponsored Walk for LCIF brought in £1,000.

Lion President (LP) Rhea helped raise £2,000 during a Cancer Research activity and welcomed two new members, Lion Christine Mohan in July and Lion Debbie Annells in October.

On 17 December, LP Rhea and VP Renu visited Acton Homeless Concern, donating clothing, shoes, crockery, food, and cash, alongside sleeping bags organised by Wembley Lions.

Kenton Lions combat loneliness with monthly tea parties for the elderly, along with yoga and Reiki sessions.



Musical evening and mental health awareness workshops

By Friern Barnet Centennial Lions Club

Friern Barnet Centennial Lions Club's musical evening on 9 November 2024 was a very successful, sold-out event. The Club successfully raised £3,000 for Sangeet Foundation, a Mental Health Charity in the UK. The Club also completed four successful community workshops on mental health awareness over the past four months. Their theme, "Mental Health Awareness and Support," has made a significant impact. These workshops were well attended and delivered in various languages, ensuring inclusivity.



Donations to the Redbridge Forum

By Redbridge Centennial Lions Club CIO

Redbridge Centennial Lions Club CIO members dropped off 154 toys to the Redbridge Forum. The Redbridge Forum provide support & care for children with a learning disability & their carers including those on the Autistic Spectrum. The toys will be for the children. Thank you to Lion Nimmy, Lion Tony and Lion Rani who helped with the delivery of the toys.



The formation of a Club Branch

By London Hendon Lions Club

A Lions Club has been formed in London! In November, 13 individuals came together to create the London Fortitude Lions Club, officially joining the Lions family.

Congratulations to the London Fortitude Lions Club and its 13 founding members! Here's to a bright future of service and dedication.



Welcome Leos

By London Hendon Lions Club

The Leo Club "Hendon Stars" has also been launched, targeting younger members of the community.

The Leo Club is designed for individuals aged 12 to 18, providing them with leadership opportunities and a platform to engage in meaningful service projects. The Charter President for Hendon Stars is Tara Shah, niece of Late Lion Minesh, who was inspired by the Late Lion Minesh's work and wishes to continue his legacy.



Harrow and Pinner Lions Club's annual Waitrose Food Collection

By Harrow and Pinner Lions Club

Every year, Harrow and Pinner Lions Club collect food outside Waitrose in South Harrow to create parcels for people in need in the community. This year, together with members of Northwood Lions Club plus friends and family of Harrow and Pinner Lions Club, the Club managed to collect 2,396 items over the two days, and they also had donations totaling £339.25.

The items collected were used to put together over 100 boxes which contained a wide range of items. These were distributed to those in need via contacts with the Met Police safer neighbourhood team, Harrow Carers, South Harrow Methodist Church and more.



Club Donations

By Wembley Lions Club

Wembley Lions Club members Lion Secretary Rita and Lion Madhu delivered 50 chocolate bags to Action Homeless Concern. The Club also donated £340 for the Christmas dinners.



£300 cheque to You Matter Watford

By Watford Lions Club

Watford Lions Club presented a £300 cheque to Andree at You Matter Watford. They do wonderful work supporting the local community and long may it continue.





Out and about with DG Kadu

Find out what our DG has been up to recently



 District 105A Lions

 www.lions105a.org.uk

 info@lions105a.org.uk

Do you have a story that you would like to share in the next issue of Pride of Lions? Please submit your article to: pol@lions105a.org.uk

Editor
Lion Sukh Kaur

Fundraising for children in need

By Friern Barnet Centennial Lions Club

Friern Barnet Centennial Lions Club held a musical evening held on 16 December 2023 at The Everest Abercorn in Stanmore, and raised £4,266 for Childhood Cancer for Great Ormond Street Children's Hospital and Haven House Children's Hospice.

International Past President Lion Nisha Patel, with other Lion Members, presented £2,000 on 29 August 2024 to Haven House Children's Hospice.

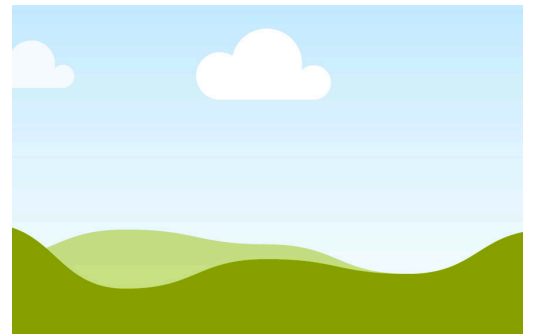
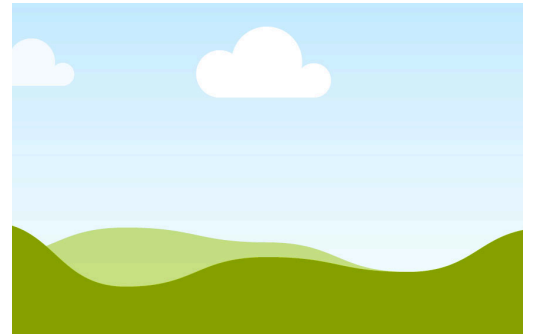


New president and fundraising activities

By Kenton Lions Club

Welcome [NAME] to presidency at Kenton Lions Club! On the day of their induction, Kenton Lions Club also inducted two new members with Past District Governor Leslie Spence.

Kenton Lions Club also participated in a walk and picnic fundraiser for LCIF on the 31 August in Rickmansworth, where they raised approximately £1,800 through sponsors, and donations of a total of £1,000 from the Lion President and their niece, Monika Sharma.



Title

Thursday 10 October 2024 was World Sight Day. Vision is one of Lions Clubs International's global causes, so members of Letchworth & Baldock Lions Club CIO walked in Letchworth Town Centre with the Leader of North Hertfordshire Council, Councillor Daniel Allen, raising awareness of the different types of vision defects and the importance of getting your eyes tested. Thank you to Councillor Daniel Allen for sparing time for us today.

